TeachEnglish
Get Paid to Exlore the World
Free Teach Abroad Seminar
Tonight @ 7 pm - Call now to reserve your seat!
United TESOL 613-562-8370 41 York St. (4th Floor)

AFGHANISTAN AFFAIR
MENARD, SUBORDINATE FACE CHARGES {page 4}

LEO
ACTOR TALKS ON FORAY INTO SCI-FI SCENE {page 8}

OTTAWA metro®
Tuesday, July 13, 2010
www.metronews.ca
Share this copy with a friend

Bluesfest. Pop Life

▶ Dallas Green and his band, City and Colour, played to a crowd that filled the ByWard Market to capacity last night.

MARC DESROSIERS/FOR METRO OTTAWA

ByWard grooves to Green and band

Bluesfest's official venue at Lebreton Park Flats took the night off last night, but organizers estimated that Dallas Green and his band City and Colour at the Pop Life Stage drew 10,000 people. More photos at metronews.ca/local.

Staying happily high-heeled

Minimize the damage done by walking tall {page 12}

Gilbert on being Committed

Eat, Pray, Love author talks to Metro about marriage {page 14}

Recovery slow after Haiti quake

▶ Canada has distributed $150M of about $500M pledged for relief, says minister Bev Oda ▶ Six-month anniversary yesterday of quake that killed 240,000

TIM. WIECLAWSKI
@METRONEWS.CA

Rachel Decoste knew it was going to take a long time for life to return to normal in Haiti, but she's a little surprised at the slow pace of recovery, six months after an earthquake demolished the Caribbean island nation.

After the quake hit, Decoste and other Haitian-Canadians living in Ottawa started organizing fundraisers that collected tens of thousands of dollars.

"There's a lot of money that's been raised, but the results we don't see immediately," she said.

"I certainly understand people's impatience at the very difficult circumstances that hundreds of thousands of Haitians find themselves in," Canada's foreign affairs minister Lawrence Cannon said yesterday.

He said rebuilding Haiti is "a long-term process that will take at least 10 years, according to experts."

WITH FILES FROM THE CANADIAN PRESS

ADRIAN WYLD/THE CANADIAN PRESS

"It is not enough to restore the country's infrastructure. Institutions and systems must be entirely rebuilt so that they can then be taken over by Haitians themselves and supported by the international community."
LAWRENCE CANNON, FOREIGN AFFAIRS MINISTER

BE READY FOR THE PARALEGAL LICENSING EXAM IN LESS THAN A YEAR!
ALGONQUIN CAREERS ACADEMY
1644 Bank Street
www.algonquinacademy.com
Join our accredited Paralegal program this month.
CALL TODAY
613-722-7811

CHEVROLET EMPLOYEE PRICING EVENT

YOU PAY WHAT GM EMPLOYEES PAY

INCL. UP TO **$14,000** PRICE ADJUSTMENTS** (SILVERADO HD amount shown)

& **0%** PURCHASE FINANCING ON SELECT MODELS‡ FOR **60** MONTHS

2010 CHEVROLET AVEO5 LS

MSRP $15,524

EMPLOYEE PRICING **$12,446***

PLUS **0%** PURCHASE FINANCING‡ FOR **60** MONTHS

INCLUDES FREIGHT, PDI, FEES & $2,000 CASH CREDIT♦

HWY: 5.7 L/100 km – 50 mpg
CITY: 7.5 L/100 km – 38 mpgΔ

★★★★★ HIGHEST POSSIBLE U.S. GOVERNMENT CRASH SAFETY RATING◊

$700 GM CARD MAX. REDEMPTION ALLOWANCE†

LS Sport with OnStar shown††

2010 CHEVROLET COBALT XFE

MSRP $17,069

EMPLOYEE PRICING **$11,991***

PLUS **0%** PURCHASE FINANCING‡ FOR **60** MONTHS

INCLUDES FREIGHT, PDI, FEES & $4,300 CASH CREDIT♦

HWY: 5.4 L/100 km – 52 mpg
CITY: 8.0 L/100 km – 35 mpgΔ

$1,500 GM CARD MAX. REDEMPTION ALLOWANCE†

LT model with Team Canada Edition Package shown††

2010 CHEVROLET MALIBU LS

MSRP $25,489

EMPLOYEE PRICING **$23,214***

PLUS **0%** PURCHASE FINANCING‡ FOR **60** MONTHS

INCLUDES FREIGHT, PDI, FEES & $500 CASH CREDIT♦

HWY: 5.7 L/100 km – 50 mpg
CITY: 7.5 L/100 km – 38 mpgΔ

★★★★★ HIGHEST POSSIBLE U.S. GOVERNMENT CRASH SAFETY RATING◊

$1,500 GM CARD MAX. REDEMPTION ALLOWANCE†

CONSUMERS DIGEST BEST BUY

LT Platinum Edition model shown††

2010 CHEVROLET IMPALA LS

MSRP $28,814

EMPLOYEE PRICING **$25,246***

PLUS **0%** PURCHASE FINANCING‡ FOR **60** MONTHS

INCLUDES FREIGHT, PDI, FEES & $1,000 CASH CREDIT♦

HWY: 6.7 L/100 km – 42 mpg
CITY: 10.8 L/100 km – 26 mpgΔ

$2,000 GM CARD MAX. REDEMPTION ALLOWANCE†

ASK ABOUT

RECYCLE YOUR 1995 OR OLDER VEHICLE AND RECEIVE

UP TO $3300▼▼ IN ADDITIONAL CASH INCENTIVES.

CA$H FOR CLUNKERS

IN COLLABORATION WITH RETIRE YOUR RIDE, FUNDED BY THE GOVERNMENT OF CANADA.

Retire Your Ride — Canada's Vehicle Recycling Program

Summerhill IMPACT

CHEVROLET

visit: ontariochevroletdealers.com

GM Canada

THE BEST COVERAGE IN CANADA
5 YEARS 160,000KM▲
• POWERTRAIN COMPONENT LIMITED WARRANTY
• ROADSIDE ASSISTANCE
• COURTESY TRANSPORTATION

▲WHICHEVER COMES FIRST. EXCLUDES MEDIUM-DUTY TRUCKS. SEE DEALER FOR LIMITED WARRANTY DETAILS.

Redeem your GM Card earnings today.†

VEHICLE PRICING IS NOW EASIER TO UNDERSTAND BECAUSE ALL OUR PRICES INCLUDE FREIGHT, PDI AND MANDATORY GOVERNMENT LEVIES.

Prices do not include applicable taxes and PPSA. Consumers may be required to pay up to $599 for Dealer fees.***

For the latest information, visit us at chevrolet.ca, drop by your local Chevrolet Dealer or call us at 1-800-GM-DRIVE. **$14,000 Price Adjustment includes $8,000 manufacturer to dealer delivery credit (tax exclusive) and $6,291 employee price discount (tax exclusive) available on 2010 MY Silverado/Sierra HD 2500 for retail customers only. Other delivery credits available on most models. Employee price discount amount based on MSRP of $55,190 (excluding $1,350 license, insurance, registration, fees associated with filing at movable property registry/PPSA administration fees, duties and taxes). Dealers are free to set individual prices. Any actual savings under the Employee Pricing Event program will vary depending on your dealer's prior selling prices. Employee price discount is available on the purchase/finance of an eligible new or demonstrator 2010/2011 MY Chevrolet/Buick/GMC/Cadillac or 2010 MY Pontiac/Hummer vehicle delivered between 6/23/10 and 8/31/10 at participating dealers in Canada. Ineligible vehicles: 2010/2011 MY Corvette ZR1, Medium Duty Trucks and G-Vans (passenger, cargo, cutaway), 2011 MY Equinox, Terrain, Camaro, Regal, LaCrosse, Cadillac CTS Coupe and SRX. Dealer order or trade may be required. Limited quantities of certain 2010 models available. This offer may not be combined with certain other consumer incentives available on GM vehicles. GMCL may modify, extend or terminate this offer in whole or in part at any time without notice. Conditions and limitations apply. See your GM dealer for details. ♦$2,000/$4,300/$500/$1,000 is a manufacturer to dealer delivery credit for 2010 Chevrolet (Aveo/Cobalt XFE/Malibu LS/Impala) reflected in offers in this advertisement. *Offer applies to the purchase of 2010 Chevrolet (Aveo 5-door LS R7C/Cobalt XFE Coupe or Sedan R7C/Malibu LS R7C/Impala LS R7C). ‡Financing on approved GMAC credit only. 0% purchase financing for 60 months available on 2010 Chevrolet (Aveo 5-door LS R7C/Cobalt XFE Coupe or Sedan R7C/Malibu LS R7C/Impala LS R7C). Example: $10,000 at 0% for 60 months, the monthly payment is $166.67. Cost of borrowing is $0, total obligation is $10,000. Down payment and/or trade may be required. Monthly payment and cost of borrowing will vary depending on amount borrowed and down payment/trade. ♦/*/‡Freight & PDI ($1,450/$1,450/$1,350/$1,350), registration, air and tire levies and OMVIC fees are included. Insurance, licence, PPSA, dealer fees and applicable taxes are not included. Offers apply as indicated to the purchase or finance of 2010 new or demonstrator models of the vehicle equipped as described. Offers apply to qualified retail customers in the Ontario Chevrolet Dealer Marketing Association area only (including Outaouais). Dealers are free to set individual prices. Limited time offer which may not be combined with other offers. See your dealer for conditions and details. ***Factory order or dealer trade may be required. ©The Best Buy Seal is a registered trademark of Consumers Digest Communications, LLC, used under license. Δ2010 Chevrolet Malibu equipped with 2.4L ECOTEC I-4 engine and standard 4-speed automatic transmission. 2010 Chevrolet Cobalt XFE equipped with 5-speed manual transmission. 2010 Chevrolet Aveo LS equipped with 5-speed manual transmission. 2010 Chevrolet Impala equipped with 3.5L V6 engine and standard 4-speed automatic transmission. Fuel efficiency ratings based on Natural Resources Canada's 2010 Fuel Consumption Guide. Your actual fuel consumption may vary. ◊US government star ratings are part of the National Highway Traffic Safety Administration's (NHTSA's) New Car Assessment Program. For more information on safety ratings, go to www.safercar.gov. 2010 Chevrolet Malibu received both a 5-star Rating for the driver and front passenger in the Frontal Crash Test and for front and rear seat occupants in the Side-impact Crash Test. Side-impact Crash Test rating is for models tested with standard head-curtain side-impact air bags. 2010 Chevrolet Aveo 5-door received a 5-star Rating for the driver and front passenger in the Frontal Crash Test. ††Chevrolet Malibu LT Platinum Edition, MSRP with freight, PDI & fees $29,254. Chevrolet Cobalt LT Team Canada Edition, MSRP with freight, PDI & fees $21,119. Chevrolet Aveo 5-door LS Sport with UF1, MSRP with freight, PDI & fees $16,659. Dealers are free to set individual prices. †Subject to Vehicle Redemption Allowances. Visit thegmcard.ca for more details including terms and conditions that apply to The GM Card Earnings and Redemption Program. The Toronto-Dominion Bank and its affiliates are not responsible for the GM Card Earnings and Redemption Allowance Program. ®Registered trade-mark of General Motors Corporation/Used under license. TD logo is a trade-mark of The Toronto-Dominion Bank. ▼▼To qualify for GM Canada's Cash For Clunkers incentive, you must: (1) receive Government confirmation of vehicle eligibility under the Retire Your Ride Program, supported by The Government of Canada, and turn in a 1995 or older MY vehicle that is in running condition and has been registered and properly insured in your name for the last 6 months (12 months in B.C.); or (2) turn in a 1995 or older MY vehicle that is in running condition and has been registered and properly insured under (i) a small business name for the last 6 months or (ii) your name for the last 6 months in B.C. GM Canada will provide eligible consumers with a manufacturer to consumer incentive to be used towards the purchase/finance/lease of a new eligible 2010 or 2011 MY GM vehicle, excluding all Pontiac, Saturn, Saab and Hummer vehicles, Chevrolet Aveo, Corvette ZR1 and Medium Duty trucks, 2010 MY Chevrolet Cobalt and 2011 MY Buick Regal, Chevrolet Cruz and Cadillac CTS Coupe in an amount ranging from $750 to $3,000, depending on the model purchased. Incentive applied after taxes. GM Canada's Cash For Clunkers incentive is only available to customers who take delivery between July 1, 2010 and September 30, 2010, and may not be combined with certain other incentives available on GM vehicles. By participating in this program you will not be eligible for any trade-in value for your vehicle. See your participating GM dealer for additional program conditions and details. If you successfully complete the Retire Your Ride program, you will be eligible for a $300 cash incentive from the Canadian Government. Residents of Northwest Territories, Yukon or Nunavut are excluded from the Government's Retire Your Ride program and are therefore ineligible for GM Canada's Cash For Clunkers incentive. Some conditions apply. Visit www.retireyourride.ca.

Blazing a trail through generations

TRACEY. TONG
@METRONEWS.CA

When Hot Wheels rolled into town to show off its life-sized Colour Shifters Mustang yesterday, Keith Oelrich was front and centre.

Although the Ottawa collector was as excited as the proverbial kid at Christmas, he was about two decades older and three feet taller than the core group of attendees.

A member of the Hot Wheels Collectors Society and the Ottawa chapter of the Hot Wheels collectors' club, Oelrich, who brought his children, Erin, six, and William, three, to the event, said he played with these cars as a kid.

Collecting, he said, allows him "to see some of the old cars that I played with as a kid. Some of them are still being made today."

A collector since the age of two, Bailey Dubeau, 11, has over 2,500 cars, including two 1968 Hot Wheels.

"I like the way they're designed," said Dubeau.

"We've met lots of collectors on the tour who have very rare cars that are worth hundreds of dollars today," said Hot Wheels brand ambassador Philip Wiseman.

"A lot of generations have come out to our events."

TRACEY TONG/METRO OTTAWA

▶ Hot Wheels senior brand ambassador Austin Strugnell changes the colour on the first-ever Hot Wheels Colour Shifters Mustang in Orleans yesterday.

Group looking for an end of the road

Moratorium on building new roads part of Ecology Ottawa's sustainable election platform

TIM. WIECLAWSKI
@METRONEWS.CA

Ecology Ottawa is looking for municipal politicians who are looking to hold the line on paved space.

The group is calling for a moratorium on all new road construction and is encouraging residents to vote for candidates in favour of such a plan. Since Ottawa does not have a large industrial sector, the majority of air pollution in this city is created by vehicles, said Stefan Reinecke, a member of the Ecology Ottawa steering committee.

"The construction of new roads is simply a continuation of a trend that will lead to more and more greenhouse gases from that sector," said Reinecke.

"Encouraging the current pattern of increased car use in the city is not one that benefits the entire city."
STEFAN REINECKE, ECOLOGY OTTAWA STEERING COMMITTEE

According to University of Ottawa professor Matthew Paterson's report entitled Towards Sustainable Transport in Ottawa: An End to Road Construction, city council plans to spend $1.5 billion on road construction and widening between 2008 and 2017.

That money should be devoted to building infrastructure that encourages other modes of transportation like walking, cycling and public transit, said Reinecke.

TIM WIECLAWSKI/METRO OTTAWA

▶ Ecology Ottawa steering committee member Stefan Reinecke said a moratorium on new road construction would change how the city grows.

Artists celebrate Baroque

An Ottawa native is performing among some of the world's most respected opera singers at a Baroque Celebration as a part of the Music and Beyond festival tonight. One of Canada's most eminent early music specialists, countertenor Daniel Taylor said the concert at the Dominion-Chalmers United Church at 8 p.m. is a sort of "best hits" concert, with singers including Nancy Argenta, Ottawa's Donna Brown and Andrew Kennedy performing. "We wanted to have a program that was accessible to audience members even though we have a very educated audience," he said.

"It's so important that the citizens of Ottawa come out and support this new festival ... it is a celebration of art in our country."
DANIEL TAYLOR

TRACEY TONG

▶ Daniel Taylor

News in brief

Local priest, 80, charged

ARREST. City police have charged an Ottawa priest with three counts of indecent assault as a result of a historical sexual assault investigation. An investigation was commenced in March 2010 into a series of inappropriate contacts between a Roman Catholic priest and two teenage males that occurred in Ottawa between 1970 and 1976. William Joseph Allen, 80, was arrested yesterday and released on conditions.

2 men charged in robbery

CRIME. Police have laid charges in a robbery incident over the weekend. Police charged Samurone Mousa, 19, and Obioma Peter, 18, both of Ottawa.

TRACEY TONG

1 news

News on the move

1 Download the free ScanLife application with your smartphone at 2dscan.com

2 Use the ScanLife application on your smartphone to scan 2D barcodes in Metro

3 The codes will direct your mobile browser to relevant content at m.metronews.ca

On the web at metronews.ca

Alberta farmers join ranks of oil-sands critics after fumes cause serious health problems. Video at metronews.ca/canada

Follow us on Twitter @metroottawa

News on the move

McCreary`s Beach
Holiday Resort

Owning a Resort Cottage has never been so easy!

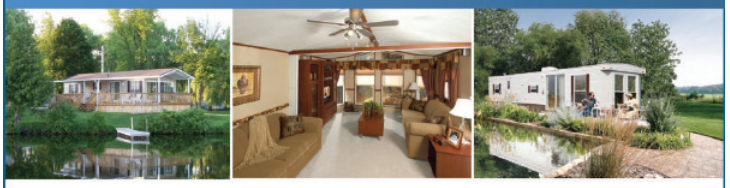
Create a lifetime of memories when you own a Resort Cottage at McCreary's Beach. With facilities and activities for the whole family, our Family Fun Zone which includes a health club indoor pool, hot tub and squash court, McCreary's Beach is the perfect spot to call "Your Ultimate Family Resort on the Lake". Imagine a maintenance free cottage that allows you time to spend with family and friends.

McCreary's Beach Resort Cottage come complete with

- Up to 3 Bedrooms
- Fully Furnished
- Beautifully Decorated
- 4 Piece Bath
- All Appliances
- Large Decks
- Central A/C
- Optional Sunrooms

Packages range from $39,900 to $89,900

*Plus applicable taxes and fees. Financing available O.A.C.



Visit us now at www.McCrearysBeach.com or call 1.877.814.4141

OPEN HOUSE THIS WEEKEND!
Only 60 minutes from Ottawa.

Special finance rates brough to you by Royal Bank & BMO

RBC BMO

The Ultimate
RESORT COTTAGE ON THE LAKE!

Everyone has a favourite memory of spending summers at the cottage. The cottage experience is as Canadian as peameal bacon or real maple syrup and should be experienced by everyone at least once in their life.
So here I go looking into the options I have to share the cottage experiences I had with my children. What are the options and how can I afford them?
As I looked into cottages I found it was quite simple to find something to rent but what about ownership? The thought of being able to escape after a long week at work would be great.
What I found is that cottages can be very expensive. My grandfather had told me the story of how each of his three brothers chipped in five thousand and they got a little place with an out house on Chandos Lake up near Apsley, Ontario. All I could find for twenty grand nowadays was a pop-up tent trailer that we would need to tow around to campgrounds. Camping wasn't going to be an option anyway as my wife's idea of roughing it was a hotel without room service. Although RV parks seemed like a good option, activities for the kids, secure in the off season, I just couldn't get the picture of trailer park boys out of my head.
The cottages I liked seemed to cost as much as my home if not more. The more I thought about cottage ownership the more I realized it would mean two houses to maintain and the whole idea was to get away from cutting grass and fixing things so I could spend more time with my children and simply relaxing. I could afford a "Fractional Ownership" type cottage with maintenance fees. I could justify the fees as they do all the work, but one hundred thousand for something I could only use for 4 or 5 weeks wasn't the answer either, besides we can only play so many games of crazy eights before the kids would get bored.
Then I found an alternative, it's not a four hundred thousand dollar cottage on the lake but it's not a little trailer in a campground either. They call them "Resort Cottages" or "Park Model Homes". Just imagine a small cottage beautifully decorated for only $59,900 to $129,900 and if I wanted to start in something a bit smaller I could get into a perfectly comfortable vacation home for only $39,900.
It turns out that RV's (recreational vehicles) come in all shapes and sizes. The models come in one, two and three bedroom floor plans that sleep up to eight comfortably and come fully furnished. You can own one in a resort that has converted itself from a trailer park to a Park Model Resort. They are up scale properties that usually have plenty of activities for everyone from heated pools and kids clubs to recreation halls where they host events like wine and cheese parties or themed dances.
McCreary's Beach Resort on Mississippi Lake was the perfect spot for me and my family. Only 60 minutes from Ottawa with great fishing and loads of activities. McCreary's Beach is one of the best lake front properties I have come across and some of the best family resorts we have ever seen. They made owning a "Cottage" easy and cost effective...without a catch.
If you are in the market for a cottage or cottage alternative contact my friends at McCreary's Beach Resort,
1-877-814-4141
or just visit their web site
www.mccrearysbeach.com

Afghanistan. Remembrance

▶ A memorial to Canadian soldiers at Forward Operating Base Ma'sum Ghar in the Panjwaii district.

BILL GRAVELAND/THE CANADIAN PRESS

Afghan memorial set in stone

Soldiers are repainting rocks bearing the names of Canadian soldiers killed in the conflict in Afghanistan. The rock mural in the shape of a huge Canadian flag was carefully laid out more than three years ago on the slope leading to a hilltop observation post in the Panjwaii district. More than a hundred rocks, gathered and painted white by soldiers, are awaiting finishing touches.

Khadr reveals he rejected plea deal, slams 'sham' trial

Accused has been at Guantanamo Bay for nearly eight years Only westerner of Gitmo's 181 detainees

A defiant Omar Khadr spoke out on his own behalf yesterday, dismissing the U.S. military tribunal process as a "sham," denouncing his American captors, and disclosing an offer to serve just five years of a 30-year sentence in exchange for pleading guilty to war crimes — an offer he summarily rejected.

"I will not willingly let the U.S. government use me to fulfil their goal," the bearded Khadr, 23, said as he explained why he rejected the deal he'd recently been offered.

"I have been used too many times as a child."

Pleading guilty at his trial next month would "give an excuse to the government for torturing me and abusing me as a child," he added. THE CANADIAN PRESS

The Khadr case

Khadr is charged with war crimes that include killing an American soldier in 2002 when he was 15.

- **Government appeal** The federal government plans to appeal a Federal Court ruling that ordered it to come up with solutions to breaches of Omar Khadr's constitutional rights. Justice Minister Rob Nicholson says the case raises serious questions about "the Crown prerogative over foreign affairs" and that Khadr faces serious charges.
- **Court ruling** The Supreme Court of Canada ruled in January that Canada breached human rights obligations when they interrogated Khadr six years ago.

AFFAIR IN AFGHANISTAN

Menard, subordinate charged

The former commander of Canada's troops in Afghanistan and a female subordinate face charges from their sexual liaison.

The Canadian Forces National Investigation Service launched an investigation shortly after Master-Cpl. Bianka Langlois acknowledged she had an affair with Brig.-Gen. Daniel Menard in Afghanistan.

Menard, married with two children, faces two counts of conduct to the prejudice of good order and discipline under the military's fraternization regulations. The 26-year vet was also charged with one count of obstructing justice and a one count of conduct to the prejudice of good order and discipline. Langlois has been charged with one count of conduct to the prejudice of good order and discipline, also related to military fraternization rules. THE CANADIAN PRESS

Don't feed the elephants: Thai officials

Authorities in Bangkok said yesterday anyone caught handing food to elephants faces a $320 fine.

Thailand has about 2,400 domestic elephants. There is little demand these days for the animals' traditional skills in logging and other labour, so owners sometimes loan them out for begging from tourists and locals in major cities.

THE ASSOCIATED PRESS

New terrorist group emerges in East Africa

Al-Qaida-linked militants threaten Burundi Kenya, Djibouti, Ethiopia may also face attacks, say analysts

BENEDICTE DESRUS/THE ASSOCIATED PRESS

An American woman lies in the emergency ward of a Kampala hospital yesterday in Uganda's capital after explosions killed 74 people during the World Cup final.

East Africa saw the emergence of a new international terrorist group yesterday, as Somalia's most dangerous al-Qaida-linked militia claimed responsibility for the twin bombings in Uganda that killed 74 people during the World Cup.

The claim by al-Shabab, whose fighters are trained by militant veterans of the conflicts in Afghanistan and Iraq, resets the security equation in East Africa and has broader implications worldwide.

The group in the past has recruited Somali-Americans to carry out suicide bombings in Mogadishu.

Al-Shabab, an ultraconservative Islamic group that has drawn comparisons to the Taliban, has long threatened to attack outside of Somalia's borders, but the bombings late Sunday are the first time the group has done so.

Despite the threats, the army spokesman for Uganda said the country would not withdraw troops from Somalia, one of Al-Shabab's demands.

THE ASSOCIATED PRESS

ONE DAY
ONLY!
TUESDAY, JULY 13, 2010
14.99 Each
All Kensie®, Kensie Girl® and Kensie Denim fashions reg. and clearance priced up to $70
Offer valid on in-stock items in Sears Department stores. Selection may vary by store. While quantities last
ONLY AT SEARS
kensie
Sears
NE072G610 © 2010. Sears Canada Inc.

Lowest Long Distance Rates
If you Ever Find a Lower Rate, Call us and we'll Beat it... Guaranteed!
Cuba 89.9¢/min
India 2.9¢/min
Philippines 11.9¢/min
Pakistan 5.9¢/min
Afghanistan..24.9 ¢
Bangladesh from 3.9 ¢
Barbados..... 9.9 ¢
Chile..... 2.9 ¢
China..... 2.9 ¢
Ecuador.....12.9 ¢
El Salvador. ..... 9.9 ¢
Jamaica..... 8.9 ¢
Jordan.....13.9 ¢
Kenya from 9.9 ¢
Kuwait.....6.9 ¢
Lebanon ..... 9.9 ¢
Libya.....24.9 ¢
Nepal from 7.9 ¢
Oman..... 12.9 ¢
Fiji..... 24.9 ¢
Ghana.....9.9 ¢
Greece.....2.9 ¢
Guatemala.... 10.9 ¢
Guyana.....27.9 ¢
Honduras.....15.9 ¢
Iraq from 4.9 ¢
Israel.....2.9 ¢
Italy..... .2.9 ¢
Russia from 2.9 ¢
Saudi Arabia from 9.9 ¢
South Korea.. 2.9 ¢
Sri Lanka.....9.9 ¢
Trinidad..... 4.9 ¢
U.A.E.....16.9 ¢
If the country you call is not on this list, or our advertised rates are higher than what you are currently paying... that's no problem. Call today and we'll beat what you're paying with your current provider...
GUARANTEED!
Make Long Distance and Overseas calls from your Cell Phone at our Guaranteed Lowest Rates!
UNLIMITED Calling to INDIA $29.95 /month
From your home or EVEN your Cell Phone
UNLIMITED Calling to CANADA $5 /month
From your home or EVEN your Cell Phone
comwave
www.comwave.ca
613-216-6100
While Comwave strives for accuracy in our advertising, Comwave reserves the right to correct any error in pricing or information at any time. Rate Guarantee is based on competitors lowest advertised rate for like services. Comwave will not rate match against charity or Internet services, bundled minute plans or prepaid calling cards due to their inaccurate billing criteria. Unlimited India $29.95 is limited to 3000 minutes per month. Unused minutes do not roll over to the next month. Unlimited Canada plan does not include calls to the Yukon, Nunavut or N.W.T. TERMS AND CONDITIONS APPLY, SEE WWW.COMWAVE.CA FOR DETAILS

Survey shows firms upbeat about recovery

StatsCan reported last week June saw 93,000 jobs created ◐ Half of firms plan to add workers this year

Canadian firms are giving the recovery a vote of confidence in a key quarterly survey, paving the way for the Bank of Canada's expected interest rate hike next week.

The central bank's quarterly survey, released yesterday, showed firms were concerned about the fallout from the European sovereign debt mess, but still generally upbeat about the coming year.

"Overall, (business executives) are positive about the outlook for business activity over the next 12 months," the bank wrote.

On the key hiring intentions question, 50 per cent of firms surveyed said they planned to add workers over the next 12 months.

Market moment

PRICES AS OF 5 P.M. THURSDAY

TSX	Dollar
– 4.69 (11,565.76)	– 0.35¢ ($96.39¢ US)
Oil	**Natural gas**
–$1.14 US ($74.95 US)	1,000 cu ft $4.388 (– 1.4¢)
	Gold contracts $1,198.50 (– $11.10)

Following a strong jobs report last week, the survey likely represents the last piece of evidence governor Mark Carney was looking for to confirm a pre-disposition to continue raising rates.

"I'd say there's a 75 or 80 per cent probability they will hike next week by 25 basis points," said Derek Holt, vice-president of economics with Scotia Capital.

What could stop Carney is the unknown factor of what will happen to the global economy as governments move from spending to restraint later this year and next.

THE CANADIAN PRESS

Brussels. Protest

▶ A police officer stands amongst objects thrown at police during a milk farmers' protest in Brussels yesterday.

MATTHEW BUSCH/THE ASSOCIATED PRESS

Crying over milk prices

Milk farmers stood outside meeting of EU agriculture ministers at the EU Council building in Brussels yesterday, protesting what they consider are unfair prices for their products.

Cost of battling oil spill has hit $3.5B: BP

BP PLC said yesterday the cost of dealing with the oil spill in the Gulf of Mexico has risen to $3.5 billion US yesterday, though its shares rallied on reports it may sell some assets.

The oil company said the overall cost includes nearly $165 million paid to settle individual claims. BP said that by Saturday, it had received 105,000 claims and made more than 52,000 payments.

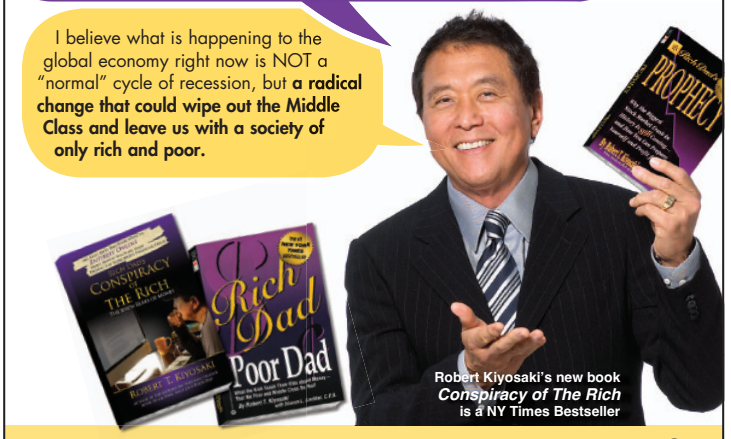
The company says it is still too early to estimate the final total of costs and compensation.

THE ASSOCIATED PRESS

10 **A new, tighter cap, known as Top Hat 10, was set to be placed on top of BP's busted oil well in the Gulf of Mexico yesterday, a few tantalizing steps shy of knowing whether it will finally stop crude from gushing into the gulf.**

Discover What I Know And Stop Worrying About Money!

I believe what is happening to the global economy right now is NOT a "normal" cycle of recession, but **a radical change that could wipe out the Middle Class and leave us with a society of only rich and poor.**



Robert Kiyosaki's new book *Conspiracy of The Rich* is a NY Times Bestseller

DO YOU WANT TO BE RICHER OR POORER?
NOW YOU HAVE THE POWER TO CHOOSE

COMING TO OTTAWA ON JULY 20-21

DON'T WAIT – CALL NOW OR REGISTER ONLINE

1-800-327-1502
www.richdadeducation.com

BONUS FREE GIFT just for attending the workshop! BUDGETING YOUR MONEY! multi-media CD-ROM With exclusive audio excerpt from Robert's book, *Increase Your Financial IQ.*

Robert Kiyosaki does not participate in this event.

RICH DAD EDUCATION

SHARE THE WEALTH! BRING ALONG A FRIEND OR A FAMILY MEMBER!

© 2010 Rich Dad Education. All rights reserved. The Rich Dad and Rich Dad Education word mark and logos are owned by the Rich Dad Operating Company, LLC and any use of such marks is under license. 10RDEC0017 V1 06/10

CAREER TRAINING

Go to the Heart of Your Career!

NPTPUB1L

Train to become a Cardiology Technologist

Programs and Schedules Vary by Campus.
Career services assistance available.
Morning and afternoon classes available.
Financial assistance may be available for those who qualify.

Everest COLLEGE
BUSINESS • TECHNOLOGY • HEALTH CARE

CALL NOW! 1-866-838-7158
Apply online at www.EverestCanHelp.ca

OTTAWA EAST
(St. Laurent Shopping Centre, next to Florida Fitness)
17 Convenient Locations in Ontario!

TRADING LATTES FOR RETIREMENT

She says ...

JESSICA NAPIER

A few weeks ago my dear friend Jen attempted to explain to me the finer points of her RRSP.

Pretending to listen (sorry Jen, you lost me at "minimum disbursements") I got to thinking — is this the same girl who routinely blew off her early morning accounting class in favour of hung-over pancake breakfasts at our favourite greasy diner? When we were at university our idea of an investment strategy was selling used textbooks for a Thursday night bottle of wine. It didn't seem necessary to think about saving for anything beyond our weekend plans.

Eventually, Jen did attend enough accounting classes to complete her degree. She now holds down a very respectable bank job while I opted for more education and many more Thursday night vino-drinking sessions.

As a result of our divergent post-grad choices, Jen has become a savvy financier, complete with office-appropriate heels and a respectable retirement savings plan. I, on the other hand, am known as the irresponsible art school friend who regularly has more money on her Starbucks card than in her chequing account.

After rent payments, my cell-phone bill and an overpriced gym membership (because I swear I'll start going next week) I'm lucky if I have enough left over for my daily grande latte habit.

"Ever since my first babysitting profits started rolling in I've always thought about money in an it's-there-so-I-might-as-well-spend-it kind of way."

So how do such close friends develop such drastically different spending habits? My parents have always had a "we can't take it with us" approach to their retirement savings so they might be partially responsible for my spendthrift attitude. But I know they aren't entirely to blame.

Ever since my first babysitting profits started rolling in I've always thought about money in an it's-there-so-I-might-as-well-spend-it kind of way. As I get older, and presumably wiser, I'm starting to realize that might not be the most responsible attitude.

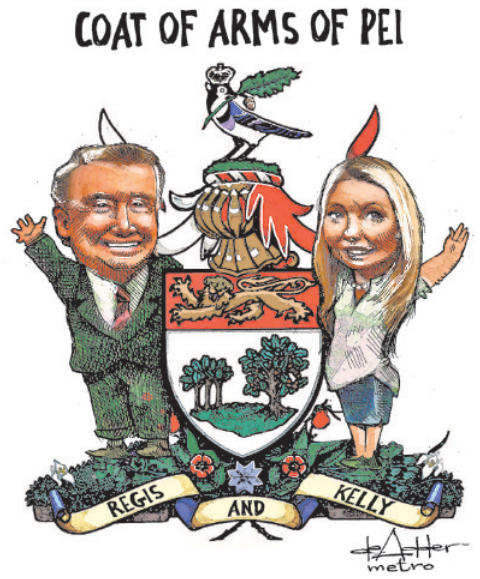
So, in an ongoing effort to become a grown up, I've decided it's time I give my finances a serious makeover.

Jen has promised to give me a lesson in budgeting and I'm resolving to embrace a lifestyle of frugality by cutting back on my not-so-necessary expenses. I'm starting with a solid investment — a coffee maker for my kitchen.

Sure, I'll miss that early morning barista banter, but at $4 a pop (that's a whopping $1460 a year), it's easy to see that I need a serious detox from those fancy, frothy beverages.

Cartoon

MICHAEL DE ADDER



Opportunity wasted

Letters & Tweets

TORONTO. Free speech makes you look smart, crime makes you look stupid.

I feel for all of the legitimate protesters who travelled to Toronto in the hopes of voicing their disapproval or other views surrounding the G20 and G8 summits being hosted in Canada.

They were doing something that is legal and completely respected in Canada: They were enjoying their right to speak freely about our government and their decisions.

I feel for them because they were lumped in with all the criminals, and yes, I did say criminals: Those who decided to use this opportunity to say nothing and take blatantly illegal actions that prove nothing to the government besides how childish their citizens are acting.

The media is one of the most powerful tools in this world. Believe it or not, our government is influenced by what happens in the media.

Thanks for wasting this tool by committing senseless and pointless acts that, of course, overtook the media, ensuring no one's legitimate concerns were heard and nothing got accomplished in the sea of madness.

ERIN STEWART

Breaking the peace

RICHARD LAUTENS/TORSTAR NEWS SERVICE

What's your best garage sale find?

Email
ottawaletters@metronews.ca
Twitter
@metroottawa

Metro has the right to edit letters and submissions.

Noteworthy

Octopus oracle calls it a career

Paul, the octopus who became a pop culture sensation by correctly predicting the outcome of as many World Cup matches as he has legs, is going to retire.

Aquarium employees presented the octopus yesterday with a golden cup — similar to the official World Cup trophy. **THE ASSOCIATED PRESS**

metro

METRO OTTAWA • 130 Slater St., Suite 300 • Ottawa, ON K1P 6E2 • T: 613-236-5058 • Fax: 866-253-2024
Toll free: 1-888-916-3876 • adinfoottawa@metronews.ca
Distribution: bernie.horton@metronews.ca
Managing Editor Tracey Tong, **Sales Manager** Dara Mottahed, **Distribution Manager** Bernie Horton

METRO CANADA: Group Publisher Bill McDonald, **Editor-in-Chief** Charlotte Empey, **Associate Managing Editor** Tarin Elbert, **Scene/Life Editor** Dean Lisk, **Asst Managing Editor** Amber Shortt, **Art Director** Laila Hakim, **Nat'l Sales Director** Peter Bartrem, **Interactive/Marketing Director** Jodi Brown

Metro Minute with A Company of Fools

Fans of summer theatre can check out A Company of Fools' latest offering and help out someone in need at the Midsummer's Food Drive today.

Held at Weston Park this evening, the food drive, to benefit the Heron Emergency Food Centre, is run in conjunction with this year's Torchlight Shakespeare production, A Midsummer Night's Dream.

Audience members are encouraged to bring along non-perishable food items for the HEFC, with regular pass-the-hat-and-pay-what-you-can ticket prices for the show applying.

For more showtimes, visit www.fools.ca.

TRACEY TONG

ANDREW ALEXANDER PHOTOGRAPHY

▶ Midsummer's Food Drive will be held at Weston Park in Alta Vista tonight.

2 scene

News in brief

1 K'naan is asking for an apology and a retraction from a South African newspaper that called the Toronto rapper "difficult."
THE ASSOCIATED PRESS

2 Carlos Santana has gotten engaged after proposing onstage to his girlfriend, drummer Cindy Blackman.
THE ASSOCIATED PRESS

Scan code for a story on cult comic artist Harvey Pekar who died at 70 (for instructions, see page 3)

PHOTO COURTESY WARNER BROS

DiCaprio dreaming

▶ Christopher Nolan's Inception — in theatres Friday — will be Leonardo's DiCaprio's first foray into science fiction.

Shutter Island star may not be a 'big dreamer' but he finds a way of breaking into the subconscious in sci-fi thriller Inception For DiCaprio, the dark side holds special lure

NED EHRBAR
SCENE@METRONEWS.CA
METRO WORLD NEWS IN LOS ANGELES

Leonardo DiCaprio is the first to admit the subject matter of Christoper Nolan's Inception was a little foreign to him.

The film is an elaborate heist drama about a man (DiCaprio) skilled in stealing information from a target's subconscious through their dreams. And DiCaprio? "I'm not a big dreamer. I never have been," he admits. "I remember fragments of my dream."

Though he initially approached the complex, labyrinthine film like he would any other, DiCaprio admits that didn't last.

"I tried to take a traditional sort of approach to researching this project and doing preparation for it. You know, read books on dream analysis, read Freud's book on the analysis of dreams and tried to research it in that sort of form," he says. "But I realized this is Chris Nolan's dream world."

It's also DiCaprio's first foray into science fiction, something he admits he's never had much interest in. "One of the earliest conversations I had with Chris was how both of us have a hard time with science fiction," he says. "We have a little bit of an aversion to it because it's hard for us to emotionally invest in worlds that are too far detached from what we know." He credits Nolan's style of filmmaking and storytelling for allaying his fears. "What's interesting about Chris Nolan's science fiction worlds is that they're deeply rooted in things that we've seen before," DiCaprio says. "There's not too much of a leap of faith to make."

As an actor who admittedly makes a lot of decisions about what roles to take based on who the director is, DiCaprio has only the highest praise for his latest collaborator. "This was an extremely ambitious concept that Chris was trying to pull off here. And he accomplished it in flying colours," he says.

Examining his recent work, including this year's Shutter Island, DiCaprio admits he has a penchant for the dark side. "These types of films that are psychologically dark at times I find extremely exciting to do because there's always something to think about," he says.

Leo eyeing Hoover role

This list of directors with whom DiCaprio has collaborated is indeed impressive, including Martin Scorsese, Steven Spielberg, Sam Mendes and Woody Allen. So who's missing? How about the man behind Unforgiven, Million-Dollar Baby and Invictus? "I'm talking to Clint Eastwood about playing J. Edgar Hoover, who had his hand in some of the most scandalous events in American history — everything from the Vietnam war and Dillinger to Martin Luther King and JFK," says DiCaprio, who hints that the project will be about "the secret life of J. Edgar Hoover."

You don't have to be rich to save, but if you save you could end up being rich.

Truth is, the benefits of saving are best realized 'down the road', after it grows and accumulates. That can feel like a long way away from today. By just starting to save, you're one step closer to a richer life.

So, the question we're asking ourselves at Scotiabank is how do we make saving easier for everyone? A *Scotia*® advisor can create a plan for you to save using these three simple principles:

SAVE automatically, because it works.

INVEST for your future, because no one else will.

BORROW to get ahead, not fall behind.

Before you know it, you could be thousands of dollars ahead every year. And that can make a real difference for your future.

Visit a Scotiabank branch today and *Let the Saving Begin*™.

letthesavingbegin.com

You're richer than you think®

Scotiabank®

® Registered trademarks of The Bank of Nova Scotia. ™ Trademarks of The Bank of Nova Scotia.

More damaging Gibson tapes leaked

The actor's ex records him admitting to domestic abuse, prompting a criminal investigation

Mel Gibson is heard allegedly acknowledging that he hit the mother of his 8-month daughter.

The eight-minute recording posted yesterday by RadarOnline.com is purportedly a phone argument between Gibson and then-girlfriend Oksana Grigorieva. A voice sounding distinctively like the Academy Award-winner is heard telling Grigorieva that she "deserved" to be hit after she chastised him for allegedly punching her in the face and breaking two of her teeth.

"Oh, you're all angry now!" Gibson responds. "You know what, you ... (expletive deleted) deserved it!" An L.A. County Sheriff's Department spokesman would not say whether the recordings would become part of the investigation.

THE ASSOCIATED PRESS

GETTY IMAGES

▶ Some critics are saying it's the best work he's ever done

Talking points

La Toya talks MJ, monkeys

ALL I'M GONNA SAY IS SHE'S LUCKY BUBBLES IS IN A CAGE. La Toya Jackson claims her brother Michael Jackson spent a small fortune in an attempt to get his pet chimp, Bubbles, to speak, according to News of the World. "Michael always wanted to know how to make Bubbles speak and talk," she tells the newspaper. "He wanted to give him vocal chords and asked doctors, 'Can I give him an operation so that I can know what his thoughts are?'" But the doctors reportedly warned Michael off the plan as the risk of injuring the primate was too great.

No Rehab for Tequila

THAT HEADLINE JUST WROTE ITSELF. MTV star Tila Tequila won't be appearing on the next season of Celebrity Rehab after all, despite being the first cast member to sign up, according to Radar Online. Her manager wouldn't elaborate on the change in plan, though producers for the show, hosted by Dr. Drew Pinsky, are reportedly happy about the decision.

METRO WORLD NEWS

Celebrity tweets

Lindsay Lohan [@lindsaylohan] I love my mother... she is amazing and strong* she's all i could ask for and more, by taking on the role of my mother and father all my life

Neil Patrick Harris [@ActuallyNPH] Lindsay Lohan crying in the courtroom - true, authentic regret or yet another theatrical performance? So hard to tell with actresses...

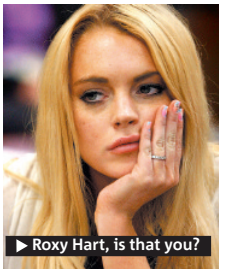
Amanda Bynes [@chicky] if you're in love and you don't want anyone else get married immediately

Lance Armstrong [@lancearmstrong] Stage starts out through a village called "La Cure". If Robert Smith isn't standing by the roadside then I'm going to be super pissed!

METRO WORLD NEWS

Work can wait. These chillers are melting.
Chiller Happy Hour.
Any small chiller for
$2.75 plus tax
1-3pm every day!
SECOND CUP
At participating Second Cup Locations. While quantities last.

Dish extra



▶ Roxy Hart, is that you?

Lohan planning prison break?

ENTITLEMENT 101. Lindsay Lohan is certain she can avoid jail time one way or another, according to Popeater. "She doesn't care what it takes," a source says. "They are treating Lindsay differently because she is a star, so it's about time she used her star power to help her. She's seen the movie Chicago several times, so it's not like she doesn't know how this sort of thing works."

METRO WORLD NEWS

Joke's over for Batman sequel

LAST LAUGH. Batman is returning, but he won't have the Joker to contend with next time. Director Christopher Nolan says he will not bring back the Joker, the villain played so maniacally in The Dark Knight by the late Heath Ledger. The role earned him an Academy Award a year after his death.

THE ASSOCIATED PRESS

The Audio Recording Academy
OTTAWA S HANDS-ON RECORDING ARTS COLLEGE
Learn applied audio recording in our 3 working studios.
Classes start September 7th, 2010!
Apply online at taraottawa.com or call 613.798.0070
TARA is a Private Career College registered under the Private career colleges Act, 2005.
TARA

How to be a superhero

Ever envied Ryan Reynolds' six-pack and Scarlett Johansson's sexy silhouette? Fitness guru Bobby Strom is the body-blitzer Hollywood turns to when serious action's involved

ROMINA McGUINNESS
WELLNESS@METRONEWS.CA
METRO WORLD NEWS IN LONDON

"It could take weeks before you notice significant weight loss or muscle definition."
BOBBY STORM

The transformation

"Consistency, balance and moderation are key triggers for change and jumping the gun will only lead to pain and injury," Strom says. "Once you have synergized your exercise and nutrition habits, you will get optimum results." Having trained Scarlett Johansson for her role as the Black Widow in Iron Man 2 and currently whipping Blake Lively into shape for her role as villain Star Sapphire in Green Lantern, Strom knows that there's more to it than aiming to get them to fit into Lyrca cat suits.

Toning but not bulking

"Women want to be trim, toned and lean so we do exercises that use and manipulate their own body weight, so as not to create bulk or heavy muscle," he says. "Knee pushups, rocking lunges and jumping squats will and moves on the Swiss ball will all work on the core."

Shape and sculpt

"With women, I focus on creating lean muscle in the legs, upper body and stomach areas," Strom says. "Circuit training is a fantastic way of getting the heart rate up by doing 15-20 repetitions of the same moves using light weights and dumbbells, a method I used thoroughly on Scarlett."

Surprisingly, it seems that men favour defined muscle tone over big and bulky, something Strom is currently doing with Ryan Reynolds in preparation for his role in Green Lantern. "Men want to be lean as well and the focus is on the back and the shoulders … it's not all about being buff."

On the menu? Metabolism

During exercise, your heart is pumping and your metabolism is working at a faster rate, but how can you keep this up after the work out? According to Strom, it's all about how you eat. "Think of the body like a race car — you want the car to be light so that it can get around the track as fast as possible — so only put enough fuel to finish the track," he says. "Food is fuel and we should think of eating as re-fuelling. At the end of the day, fat is nothing but stored food so if there is no food to store there will be no fat."

Bobby Bites

Sugar causes the body to store fat so in order to avoid this, Strom recommends basing your diet on foods with a low glycemic index that release energy over a longer period of time.

- **Breakfast:** Porridge, eggs or fruit and yogurt.
- **Lunch and dinner:** A mix of complex carbs, lean protein and green vegetables. Brown rice, sweet potatoes and yams along with fish, chicken and spinach, broccoli or kale are all great.
- **Snacks:** Should be eaten small handfuls so graze on nuts such as almonds, walnuts.

3 life

Icky Flip Flops

A recent study by New York University and the University of Miami found the average pair of flip flops harbours more than 18,000 bacteria. The study found 93 per cent of flip flops worn for more than three months have fecal bacteria, and 20 per cent have E. Coli.

What's scarier, think how many times you touch your hands to your feet, and then to your face, in a day. A quick solution is to use a hand sanitizer — like the easy to use One Step Hand Sanitizer — regularly to keep your hands clean.
METRO NEWS SERVICES

Antibody discovery renews search for AIDS vaccine"

ottawa eye clinic
YOUR VISION IS OUR NO.1 PRIORITY!

680 Montreal Rd.
(at Aviation Parkway)
613.745.7844
COMPREHENSIVE EYE EXAMINATIONS
WALK-IN APPOINTMENTS AVAILABLE
FREE PARKING
www.ottawaeyeclinic.ca

Dr. Maimouna Koala, Dr. Joseph Mittelman
Optometrists

Fashion alert: High heels a health hazard

Fashion accessory can be painful in many ways ◐ Spine, hips, ankles, toes all at risk

ROMINA McGUINNESS
WELLNESS@METRONEWS.CA
METRO WORLD NEWS IN LONDON

How does wearing high heels damage your body?

Bunions: Wearing tight fitted shoes may cause a bony growth on the joint at the base of the big toe.

Calf muscle: High heels cause the calf muscle to contract as it is forced to adjust to the irregular angle. In the long term this can cause the muscle to shorten and tighten.

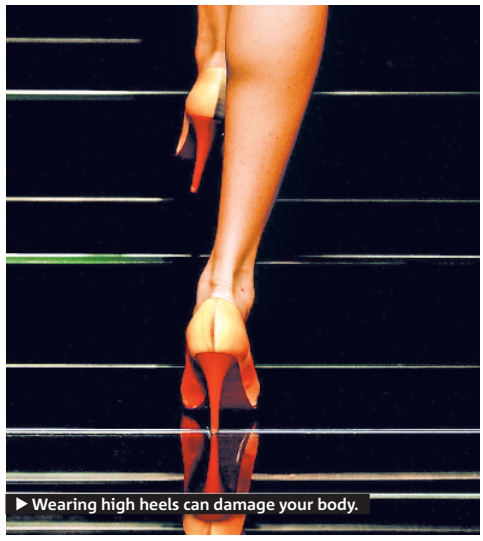
Shortened Achilles tendon: The higher heel you chose, the shorter you tendon becomes. This in turn will create heel pain as the front of the foot moves downwards in relation to the heel your Achilles tendon tightens up.

Poor Posture: Holding a good posture is rare when perched in vertiginous heels. The heels push the centre mass of the body forward causing the hips and the spine to move out of their alignment. Bad posture is also responsible for lower back pain.

Knobbly Knees: Walking in high heels alters the posture of walking as it places an excess of force and mass onto the inside of the knee.

Bad Balance: You are at a greater risk of falling over and therefore damaging your ankle (sprain and break) as high heels create bad balance.

Metatarsalgia: High heels force body weight to be redistributed. Wear over long periods can lead to joint pain in the ball of the foot, known as metatarsalgia.



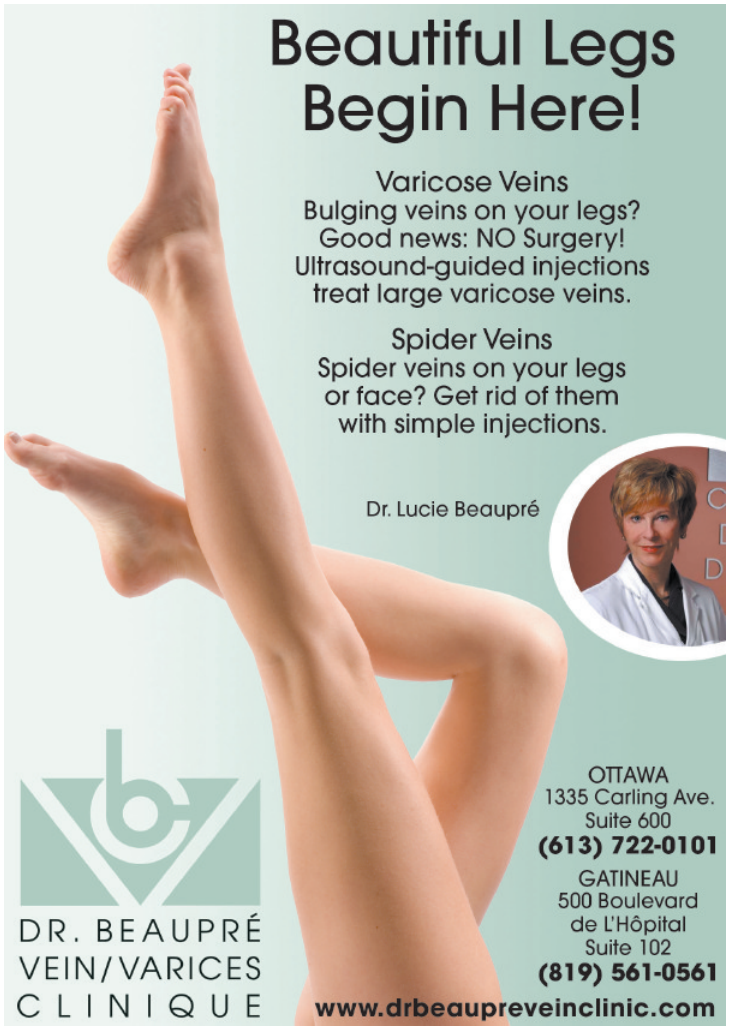
▶ Wearing high heels can damage your body.

Minimizing the Impact

It's unlikely women will ever give up wearing high heels, an accessory regarded by many as the ultimate confidence booster. Here are the top 5 tips to ensure you stay happy once heeled high.

- **Keep the height** of your heel to 4 cm or below.
- **Variation is important** — if you wear 10 cm heels one day, try no heel or a very low one the next.
- **Avoid backless heels.** The lack of support forces you to claw your toes as you walk.
- **Perform a series** of calf stretches at the end of the day to keep your feet supple and counteract the shortening calf muscle effect caused by heels.
- **Choose a heel** with a strap over the instep as this will hold the foot in a secure position and stop it from sliding forward.

SOURCE: THE SOCIETY OF CHIROPODISTS AND PODIATRISTS UK



ADVERTISING FEATURE

YOUR DENTAL HEALTH

OPEN EVENINGS & SATURDAYS

NEW PATIENTS WELCOME

Located in the Rideau Shopping Centre · 613-230-7475
SMILE RIDEAU STYLE

FOR MEN, THE BIG ISSUE IS NEGLECT

Perhaps it is a sense of machismo. Maybe a sense that nothing is going to happen to affect their health, oral or otherwise. It could even be that so many men feel they are just too busy to schedule time to look after their oral health.

The bottom line is that **neglect is often the biggest enemy men have when it comes to taking care of their teeth**. And neglect can take many forms.

For instance, recent studies have shown that **North American men are less likely to have had a dental check-up within the last year.** Whether it is fear of the dentist or embarrassment of having allowed their oral health to be compromised is unclear. The bottom line is that men are less likely to visit the dentist.

However, it is not just visiting the dentist that is a problem. **Men also tend to be less likely to brush and floss on a regular basis**.

The result of this neglect is that **men tend to experience higher levels of periodontal problems**, such as periodontitis. In fact, among North American men aged 30 – 54, 34% of them had periodontitis compared with only 23% of women in the same age group. From ages 55 – 90, the numbers increase to 56% for men and 44% for women.

Dr. George Parry
Dental Surgeon

It is not just periodontal disease that is the issue when it comes to the neglect of oral health. Men who refuse to visit the dentist also miss out on the **potentially life-saving oral cancer check that a dentist can provide**.

This is extremely significant given that **men are twice as likely to develop oral cancer compared to women**. If they are not visiting the dentist regularly, men are much less likely to discover that oral cancer at an early stage…and we all know the importance of early detection

Then, of course, is the issue of dental trauma. Men are more likely to participate in contact sports, such as hockey, football, even soccer, basketball and baseball. All of these sports carry a risk of collision that could cause a dental injury, such as a lost or broken tooth.

A custom-fitted mouth guard can greatly reduce the risk of serious dental trauma. Yet just as so many professional hockey players refuse to wear a visor, men playing even casual sports refuse to wear a mouth guard. The result is that **men, particularly younger boys, are more likely to experience dental trauma than women or young girls**.

So, gentlemen, the bottom line seems to be that **we need to place more importance on our oral health**. Whether it is brushing and flossing more regularly, visiting the dentist at least twice per year or wearing a mouth guard when playing sports, men need to pay more attention to how they take care of their mouths.

Cosmetically, you will look much better with a healthy smile that lasts a lifetime. More importantly, looking after your mouth is a vital part of a healthy lifestyle. In other words, paying attention to oral health care is a healthy habit…and healthy habits lead to healthy lives.

Dr. George Parry
- Dental Surgeon

Very berry summer custard pie

A variety of berries give this dessert a tangy-sweet flavour and vibrant colour Save time with this recipe by substituting instant vanilla pudding for freshly made custard.

Ingredients :
- 1 Tenderflake deep dish frozen pie shell
- 2 egg yolks
- ¼ cup (50mL) sugar
- ¼ cup (50mL) flour
- 1 cup (250mL) whole milk
- 2 tsp (10mL) vanilla extract
- Peeled and sliced kiwis
- Rinsed, well-drained berries (raspberries/ blueberries/blackberries)
- Rinsed, well-drained, hulled and sliced strawberries

Serves 6-8
Prep time: 30 to 45 minutes

NEWS CCANADA

▶Very berry custard pie

A summer berry pie is a perfect way to make the most of the fresh fruit that's in season.

This version is easy to make and takes less than 45 minutes. You can save more time by using instant vanilla pudding for the custard instead of making it from scratch. Mix and match seasonal berries to your preference, and also consider adding kiwi.

With its tangy-sweet flavour, it's an ideal complement to berries and will add vibrant colour to the pie. More summer pie recipes can be found online at tenderflake.ca.

Preparation:

1. Prepare and bake Tenderflake pie shell according to package directions for a baked pie shell. Set aside to cool.
2. Whisk egg yolks, sugar and flour in a medium bowl.
3. Heat milk in saucepan until almost boiling. Remove from heat; add to egg mixture, ¼ cup (50 mL) at a time whisking continuously, until all of milk has been added.
4. Return custard to saucepan and cook over medium-low heat, whisking continuously, until custard has thickened to a consistency similar to pudding (5-7 minutes).
5. Place plastic wrap directly onto surface of custard (this prevents a 'skin' from forming). Set aside to cool completely.
6. Spoon cold custard into baked pie shell and top with sliced fruit.
7. Serve the same day of making. Refrigerate any leftovers. Before serving, sprinkle with a dusting of icing sugar.

NEWS CANADA

Liquid assets

My go-to summer wines

If medium- to full-bodied red wines are your favourite tipple you don't look forward to hot summertime weather because they can come across flabbier than the auditions for next season's Biggest Loser.

While no wine likes heat; the deeper, darker flavours of most reds lose their complexity when served with even a hint of warmth.

Lighter reds are the best choice this time of year. Not only do they have more juicy fruit flavours, they really shine when poured with a bit of a chill (as cool as 10˚C). Those from France's Beaujolais region top my list of go-to summer wines with the Georges Duboeuf 2008 Beaujolais-Villages ($13.00 - $17.99) a textbook bright-berry sipper.

PETER ROCKWELL
LIQUIDASSETS@EASTLINK.CA

VOLUNTEERS NEEDED FOR DEPRESSION RESEARCH

Psychiatrists at the Ottawa Psychopharmacology Clinic are currently conducting a research study of an investigational medication for depression. The purpose of the study is to further our knowledge about the possible treatment of depression. Study duration is initially 12 weeks with possible continuation of up to 24 weeks in total. Included are a physical exam, blood tests and a psychiatric interview. All information provided will be treated in strictest confidence. To volunteer, you must be 18-65 years of age, not currently in psychiatric treatment (unless you are being referred by your treating doctor), have no drug or alcohol problems and be in generally good physical health.

	YES	NO
I am feeling sad and depressed	☐	☐
I am having difficulty sleeping	☐	☐
I am feeling low in energy and slowed down	☐	☐
My appetite has changed	☐	☐
I am experiencing feelings of guilt	☐	☐
I have lost interest in work and pleasurable activities	☐	☐
I feel hopeless about the future	☐	☐
I feel tense and anxious	☐	☐
I am having difficulty making decisions	☐	☐
I am having trouble concentrating	☐	☐

Ottawa Psychopharmacology Clinic
Smyth Medical Centre

If you have answered YES to five or more of these statements and have felt poorly for the past month, you may be suffering from depression. To be evaluated for this program please call, any time (24 hours), leave your name and phone number on our confidential voice mail:

(613) 737-5454 ext. 225

All information is kept in strictest confidence.
Research programs are reviewed by an ethics review board.

03-18-10

1/2 Price
Final Clearance

DAVID YURMAN
JOHN HARDY
BVLGARI

David Yurman
18Kt Tiger Eye Earrings
were $2000 Now $998

John Hardy
18kt and Silver Bracelet
was $495 Now $247.50

Many Beautiful pieces available priced from $195.

True bijoux
Fabulous Jewellery Finds

220 Sparks St (at Bank St) 613-238-3300 truebijoux.ca

Terrified of marriage

Writing from a place of personal experience, Elizabeth Gilbert wrote Committed for those battling to keep their marriages together.

NINA ETTRUP
@METRONEWS.CA
METRO WORLD NEWS IN DENMARK

Elizabeth Gilbert's autobiographical Eat, Pray, Love became an international bestseller and is about to be released as a movie starring Julia Roberts. This week her new book Committed was also released in Europe.

Why did you call the book Committed?
The word 'Committed' has two meanings.

One is having a contract, to be connected and the other, obviously, is being admitted to a mental institution. So I'm playing on that a little bit. I like that there's a kind of fierceness to the word — in both meanings. It's got a lot of muscle, it's not a happy-go-lucky word — and that appeals to me, because that goes well with the way we decided to get married.

▶ Javier Bardem and Julia Roberts star in Eat, Pray, Love — an autobiography by Elizabeth Gilbert.

What were you most afraid of about getting married?
I was afraid of becoming someone else.

I was afraid of the power of the language of marriage. There are so many expectations connected to it, and I was afraid it would cause me to be someone I didn't want to be. I was afraid that marriage would be the end of my privacy and of me being in control.

What would have happened if you had fallen in love with someone who wanted to get married?
I don't think it was an accident that I fell in love with someone who didn't want to get married, who didn't want any more kids, who doesn't have any trace of traditional views on what men and women are.

That's what I was attracted to. If he had been someone who wanted to get married, I don't think there would have been a second date. And the good thing about neither one of us wanting to get married is that now none of us has a feeling that we were tricked into it by the other one.

Have you seen anything from the Eat, Pray, Love movie?
I have seen the entire film, and it's really good.

I'm very happy to say that. I would never say anything negative about it – I think it would be tacky to ... criticise what they do, but they've made it easy for me

Get to know her

Who is this Elizabeth Gilbert?

- **Born:** July 18, 1969 in Connecticut, USA.
- **BA in:** Political studies from New York University.
- **Eat, Pray, Love was released in:** 2006
- **It has sold:** More than 7 million copies worldwide.

Smug Marrieds

KATE STEWART & BRET DAWSON
2FORCOUPLES.COM

WHY NOT JUST TRY HONESTY?

Q: Is biting your tongue around your partner sometimes the key to a healthy relationship, or best to let everything out?

Bret says...
Here are some clear guidelines. If the thing in your mind is troubling you or making you hurt or making you sad or making you feel weird and lonesome, say it. Tell your partner what's on your mind. Maybe it will turn out to be nothing, or maybe it will spark a fight, but at least you will have let the tension out. Conversely, if the thing in your mind is a ball of mean, and if you have been rolling it around in your head, looking for notches where you can attach hurtful little spikes to it, and if you have been fantasizing about how when you throw it out there it will explode and make your partner feel crumpled and small, bite your tongue. Then later, when you are alone, apologize. Apologize to yourself. Apologize to everyone you have ever shared a thought with. Understand that you nearly shat in the pool. Be grateful you didn't.

Kate says...
Yup.

NEED EXTRA INCOME?
BECOME A PART-TIME SCHOOL BUS DRIVER.

- Now training and hiring for September
- Ask about our generous training allowance (Rates of pay and other conditions may vary by location)
- Approximately 7 – 9am and 3 – 5pm school days only (no weekends or night shifts)
- Ideal for retirees, the self-employed and stay-at-home caregivers (ask about child ride-a-long)
- Well maintained, (all automatic) fleet
- Over 100 branches across Canada
- A great way to supplement your income on a secure, permanent, part-time basis
- Enhanced, value-added employee discount program including SAVINGS on gas for your personal vehicle
- Don't settle for second best, call First Student today

613-688-0653
E-mail: ottawa.recruiting@firstgroup.com
www.firststudentcanada.com

We are an equal opportunity employer.

First Student Canada

Spread the eggs

If you want to have your financial cake and eat it too, don't put all your eggs in one basket.

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

I've spent the past couple of weeks debunking various financial myths, such as the investment industry's mantra that buy and hold is the only way to go and that the young can afford to take risks.

However, there is one rule that I (and my granny) wholeheartedly endorse. Don't Put All Your Eggs in One Basket. It's as true of investing and financial planning as it is of pretty much every aspect of life.

The technical name is diversification, but I like the eggs analogy.

If you have too many eggs in too few baskets, you risk disaster should the basket (the stock market) fall. We saw it with real estate in the mid-'90s, tech stocks in 2000 and the financial sector in 2008. Spreading your eggs over a number of baskets is the essence of defensive investing which is absolutely the best approach for most people.

Right now many investors are heavy into gold stocks or resource based mutual funds, which have been riding high.

But those sectors will have their day and that day will be done before the average investor realizes what's going on. And it will go down much more precipitously than the rest of the market.

▶ Diversification will reduce the risk you take in investment.

Diversification doesn't just mean spreading those eggs among the various stock market sectors. It also means popping a few into nice safe baskets such as bonds, preferred shares and cash-like investments such as GICs or even just high interest (yeah, I know, an oxymoron these days) savings accounts.

However, avoid the temptation to fling those eggs too far afield as over diversification actually reduces return and increases cost.

We wouldn't need to diversify if we all had shiny, clear crystal balls.

But guessing which stock\sector\country is going to boom and for how long has always been a mug's game.

Alison Griffiths' show Maxed Out appears Wednesdays at 10:30 p.m. on W Network. You can find out more at: alisongriffiths.ca

Interest rates/ Savings accounts

BANK	RATE
BMO	1.10%
CIBC	0.70%
HSBC	0.65%
ING	1.30%
PCF	1.0%
RBC	0.850%
SCOTIA	1.00%
TD	0.25%
ALLY	2.0%

CHECK BANK WEB SITES AS SOME RATES REQUIRE MINIMUM ACCOUNT BALANCE

TURN PASSION INTO PROFITS

Fun and Frugal

LESLEY SCORGIE
MONEY@METRONEWS.CA

Imagine for a moment that you were able to turn your passions into extra income or even a new job. Doing something you're passionate about is one of the easiest ways to make more money.

I've developed a simple income building model, called the Core and Petals, which you can use to turn your passion into more income. Envision a daisy flower with its white petals and yellow core that's connected to the stem which is rooted in the ground. Think of the core and stem of the flowers as your day job. You collect a salary which enables you to pay your bills, keep a roof over your head and food on the table. Now, think of your extra-curricular interests as the petals on the flower. Because you have income stability through your day-job it's actually easier to start developing your petals as supplemental streams of income. The number one reason entrepreneurs fail at their business is because they didn't have adequate cash flow. The core and petals model actually encourages you to keep working at your day job and generate regular cash flow, while simultaneously developing your entrepreneurial ideas. What do you need to get started? Take a brief moment to focus on what you love to do in your spare time. Then, think of ways to make money off your interests.

When you're ready independently register the business. When your small business is strong enough to become your primary source of income, it then becomes your core and stem. But, it often takes time to develop a sustainable business and therefore it's a good idea to keep your job while you put your plans in place.

THE CIBC switch

Find YOUR reason to SWITCH.

Every day, more Canadians are making the switch to CIBC. They're switching for more rewards, for new ways to save money and for the flexibility to bank when and how they want.

SWITCH AND EARN AEROPLAN MILES.

EARN 10,000 AEROPLAN®1 MILES

Open a **CIBC Unlimited® Chequing Account** and use CIBC Online or Mobile Banking to receive 10,000 Aeroplan Miles. Offer ends September 30, 2010[1].

aeroplan

SWITCH YOUR MORTGAGE FOR FREE.

$4,000 CASH BACK AND A GREAT RATE

*Excludes existing lender charges.

Transfer-in your mortgage for FREE* and lock in to a low, fixed-rate, closed mortgage that gives you $4,000 in cash back[2]. Renovate with a CIBC Home Power® line of credit and we'll waive the Set-Up Service Fee[3] to save you hundreds of dollars.

SWITCH AND EARN MORE TRAVEL REWARDS.

EARN UP TO 50% MORE REWARDS

CIBC offers the ultimate choice in travel cards with **CIBC Aerogold®1 Visa Infinite™** or **CIBC Aventura®2 Visa Infinite** cards. You'll earn 50% more Aeroplan Miles or Aventura Points at gas, grocery and drugstores[4]. Plus, you'll receive 15,000 Welcome Bonus rewards[5].

SWITCH FOR MORE BANKING ACCESS THAN EVER BEFORE.

UNLIMITED ACCESS

CIBC offers you the convenience of **24/7 Mobile** and **Online Banking**. Plus, enjoy extended evening and weekend hours at many of our over 1,000 branches. And you can also access our more than 3,800 CIBC bank machines.

SWITCH TO A BETTER WAY OF DOING BUSINESS.

UNLIMITED TRANSACTIONS ONE LOW MONTHLY FEE

A **CIBC Unlimited Business Operating Account™1** provides exceptional value with unlimited access and unlimited transactions: withdrawals, bill payments and account transfers, all for one low monthly fee[6].

Some conditions apply. Speak to an advisor about switching to CIBC. Visit any branch, go to cibc.com/switch or call 1 800 465-CIBC (2422)

It's worth a talk.

CIBC

For what matters.

[1]Open Account by Sept. 17, 2010 if by phone/online. Other conditions apply, ask in branch. *Transfer-in your mortgage for free – there are no CIBC legal, appraisal or transfer-in fees. Excludes existing lender charges. Straight mortgage transfers only; no refinances. [2]Based on 5-year fixed $200,000 mortgage. Cash back is 2% of mortgage principal. Mortgage must be min. $75,000 and must fund within 30 days from date of application to qualify. Limit 1 cash back offer per mortgage. Conditions and restrictions apply. Offer may change or be withdrawn at any time. [3]Your CIBC Home Power Line of Credit (HPLOC) must have an average principal balance of at least $30,000 during the 4 months following month of activation. New HPLOCs only. Set-Up Service Fee includes appraisal and basic legal work for collateral mortgage preparation, registration (in most provinces), and registration of the first discharge, if needed; does not cover registration fees in Nfld, Ykn and NWT. You must pay for independent legal advice, if required, and any additional expenses and fees. [4]Earn 1 Mile/Point per dollar of net card purchases, and 1.5 (50% more) at gas, grocery or drugstores (up to $80,000 net annual card purchases). Conditions apply, ask for details. [5]Applies to new approved primary cardholder after first card use, and may not apply to card conversions. [6]Additional fee(s) apply to withdrawals at non-CIBC ABMs. Offers subject to change/withdrawal without notice. ®Registered TM of CIBC. ®1Aeroplan and Aerogold are registered TMs of Aeroplan Canada Inc. CIBC auth. licensee of marks. ™1Trademark of CIBC. "CIBC For what matters." and "It's worth a talk." are trademarks of CIBC.

U of O super on mileage

Engineering team nabs silver for fuel efficient vehicle in international competition

KEITH CARMEN
FOR METRO OTTAWA

"I temporarily gave up a lot of things like the gym, watching movies and TV, cleaning my room and sleep (while) other team members also sacrificed a lot for this project," notes student Lihang Nong, leader of the University of Ottawa's Faculty of Engineering's Supermileage Team.

Silver medal

- Nong's creation achieved 1,496 miles per gallon and speeds of 73 kilometres per hour—though the engine is generally limited to 50—resulting in the U of O nabbing an impressive second place out of 20 competitors.

Held annually in Marshall, Michigan, the SAE Supermileage Competition pits international post-secondary schools against one another in a bid to create the world's most fuel efficient vehicle. A design's consumption is evaluated after full trips around a designated test track and as we all know, building one of the world's most fuel-efficient vehicles is obviously a tremendous challenge. Car manufacturers have been whittling away at it for over a century.

However, to the University of Ottawa's Supermileage Team, this task in itself wasn't ambitious enough. Ensuring stress levels were as impressive as their vehicle's effectiveness, the group opted to partake in this past year's competition. Where other schools take years to design, build and test their creations though, Nong's group hammered theirs out in a jaw-dropping 18 months. At that, eight of those were spent fabricating and building the vehicle itself from scratch, including its impressively gas-sipping engine. Yet they did it.

"Participating in this project has taught me a lot about not just engineering but project management and team work," he said.

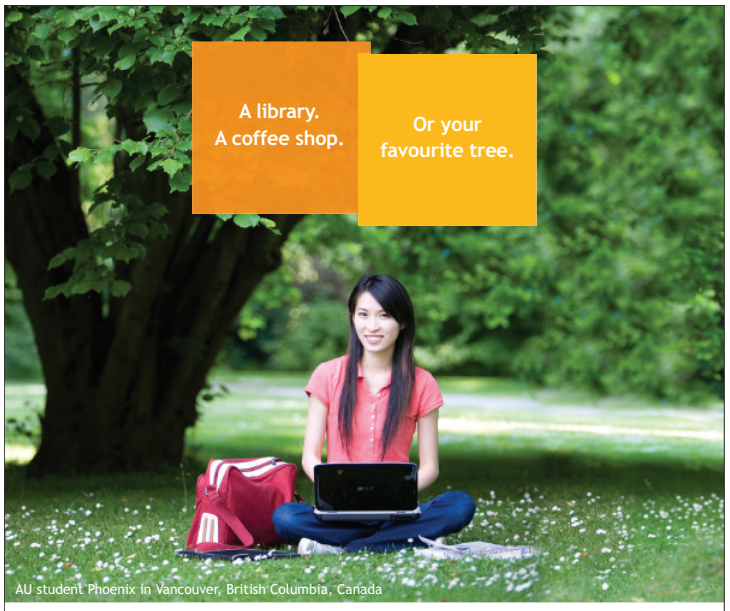
DAVID WEATHERALL/SUBMITTED

▶ University of Ottawa engineering students fuel efficient car sees silver in post-secondary competition.

His favourite things

U of O engineering student Lihang Nog tells Metro a bit about himself:

- Favourite film: Office Space
- Favourite gadget: "The bicycle: Good exercise/infinite miles to the gallon."
- Last book read: "The last fictional book? The Fountainhead back in high school."



Athabasca University students can study where they please.

At Athabasca University, our flexible course schedules give you all kinds of options for study locations. And that's great news for AU student Phoenix, who leads a very busy life. Not only is she pursuing her AU Master of Nursing degree, but she's working part-time as well. By studying at various locations throughout the week, she's able to maximize her study time, and still have time to enjoy the company of family and friends. AU offers over 90 undergraduate and graduate degree, diploma and certificate programs to select from. And over 80 per cent of our students work while studying for their degrees. Flexible course schedules. Another reason why AU stands out as a global leader in distance learning excellence.

standout www.athabascau.ca/standout 1-800-788-9041 | Athabasca University

Ottawa duo finish school and start up company

A difficult job market has some grads creating jobs rather than looking for them

LEYLA EMORY
FOR METRO OTTAWA

One lesson recent public relations graduates Emilie Dugas and Will Hancock took away from Algonquin College: If jobs are scarce, make your own.

Hot out of the classroom the two put theory to practice in their start-up, Kitsune Strategies. "After completing the program we realized we had a service to market that wasn't really being offered anywhere else," says Dugas.

One of Kitsune's goals is bringing social media auditing to Ottawa. "There aren't too many people doing it right now and it's one of the most important tools an organization can utilize."

The pair, who met the first day of the program, took full advantage of all aspects of their education to get their business off the ground. "Each of our teachers had worked in the fields relevant to their courses. The relationships we built through the program include those with teachers, peers and alumni. These are the people who in the very beginning stages have offered assistance, contacts and advice."

> **"We realized we had a service to market that wasn't really being offered anywhere else."**
> EMILIE DUGAS

But Dugas admits starting a company is not without challenges. "When you're working for someone you have a pay check to rely on. When you start your own venture you don't have that sense of stability. Securing financial support has to be on the top of the list of priorities to help ease the transition."

Beyond financial risk Dugas warns of the personal issues associated with a start-up. "It's extremely demanding. In an office there are generally loosely scheduled lunch, break, and quit times. When you start something of this nature you care about its success so much, sometimes you work yourself right through dinner. Having a planned quit time and respecting its importance is the key to achieving a work-life balance."

Kitsune Strategies upcoming logo contest

In an attempt to help other up-and-comers Dugas and Hancock are planning on launching a logo contest in the fall inviting local artists and Algonquin College design grads to create the company's logo. "We thought it would be neat to engage with our community rather than just purchase a logo from a designer," says Dugas.

The contest will benefit the winner with a cash prize, eight hours of consulting with the firm and a profile on Kitsune's website, launching around the same time.

For more information on the contest and Kitsune Strategies, follow them on Twitter @KitsuneOttawa

Can NL bust out of all-star slump?

Senior Circuit hasn't won game for 13 years NL looks to elite group of pitchers to turn tables

Ryan Howard is sick of all the talk about the American League's dominance in the all-star game.

The Phillies slugger knows all too well it's been 13 years of AL bragging rights. And, no, that wacky 7-7 tie in 2002 did little to boost NL morale in baseball's Midsummer Classic.

In this year of the pitcher, the National League is downright loaded, even for an all-star game with the best of the best coming to Orange County tonight.

"This should be the year for us to go out there and hopefully end this drought," Howard said.

"I'm getting tired of hearing about the American League winning and how long they've won, every year for the last 13 years or whatnot. Basically go out there and try to change it up."

There's Colorado 15-game winner Ubaldo Jimenez starting at Angel Stadium.

In the bullpen: Marlins ace Josh Johnson, Mr. Perfect Roy Halladay and two-time reigning NL Cy Young Award winner Tim Lincecum. And so on.

"I'm getting tired of hearing about the American League winning and how long they've won."
RYAN HOWARD

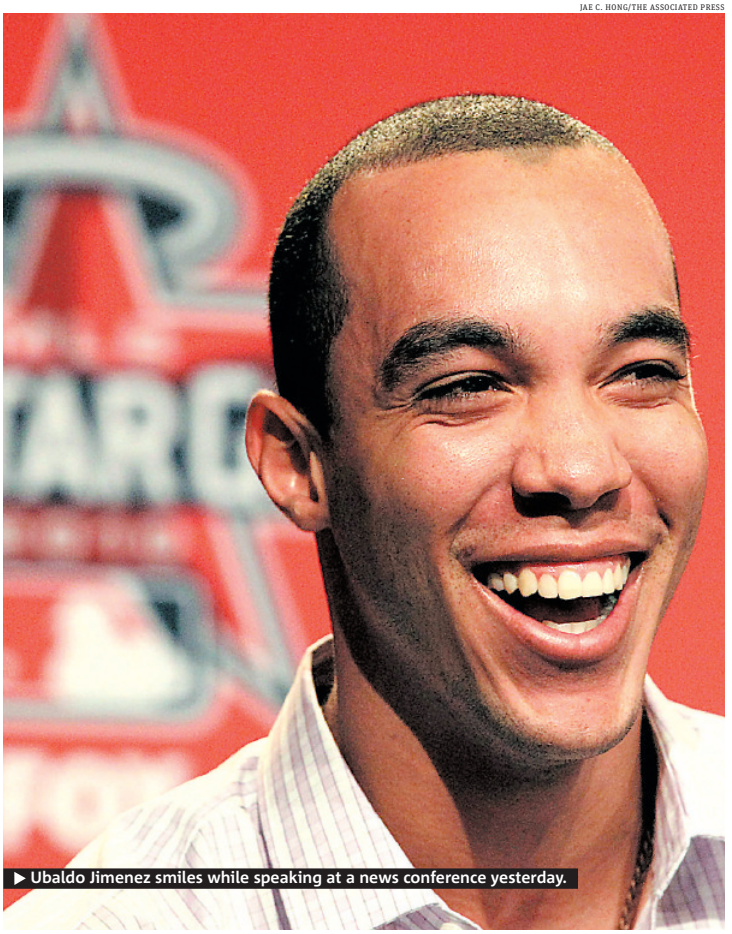
The AL run is one of the more perplexing streaks in sports. Is it simply a quirk, or evidence of true dominance? The American League has ruled interleague play for several years, and also done well in the World Series, winning four of the last six titles.

The last time the NL won was 1996, when the Milwaukee Brewers were still in the AL. Not that many remember the 6-0 NL victory at Philly's old Veterans Stadium.

"This will be Charlie's second straight year to try to beat that stupid American League jinx," Phillies chairman Bill Giles said of the Philadelphia and NL skipper, Charlie Manuel. "Charlie, your job's on the line, man."

THE ASSOCIATED PRESS

JAE C. HONG/THE ASSOCIATED PRESS



▶ Ubaldo Jimenez smiles while speaking at a news conference yesterday.

4 sports

The connection

Can you guess the connection between these baseball players? Answer below.

CONNECTION ANSWER: ALL PICKED FOR ALL-STAR GAME BEFORE THEY TURNED 22.

Fisher sticks with Lakers

Although Derek Fisher thought about joining that burgeoning superteam in Miami, he's staying in the Los Angeles Lakers' own collection of stars.

The veteran point guard said yesterday he'll re-sign with the Lakers, sticking with Kobe Bryant and the defending two-time NBA champions after speaking with several teams as a free agent.

"I have decided to continue with Kobe, continue with our teammates and the fans of Los Angeles," Fisher said in a statement on his website.

"While this may not be the most lucrative contract I've been offered this off-season, it is the most valuable."

THE ASSOCIATED PRESS

Sports in brief

Spanish team returns home

MADRID. Spain's football team returned home to a jubilant nation and a huge fiesta yesterday after winning the World Cup, finally giving Spaniards a break from months of economic gloom and political squabbling.

NCAA adds to March Madness

TOURNAMENT. The NCAA has decided to add a new round to the NCAA men's basketball tournament next year, when the field expands to 68 teams. The NCAA unveiled its plans for the expanded 68-team men's basketball tournament yesterday, opting for a format that involves the lowest seeds and last at-large qualifiers in a "First Four" round. Beginning next March, eight teams will play early in the first week, with the winners advancing.

Stern no fan of LeBron's show

DECISION. NBA commissioner David Stern said yesterday he would have advised James to tell the Cleveland Cavaliers of his choice to leave for the Miami Heat earlier than he did, and that the two-time MVP's public announcement shouldn't have come in a made-for-television special. Stern said James, Dwyane Wade and Chris Bosh violated no league rules in discussing free agency among themselves.

THE ASSOCIATED PRESS

Franchise Opportunity
Carlingwood Shopping Centre

Extremely successful existing Canada Post joins forces to combo with International News!

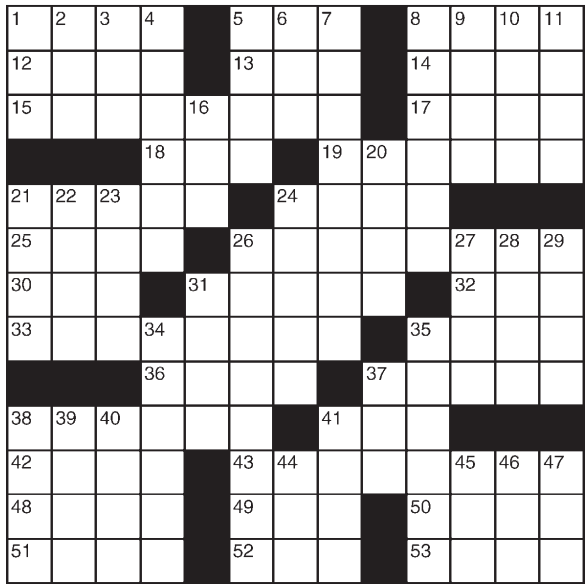
Reasonable rent • Opening early 2011
Incredible growth potential

For franchising info contact **Angela Bennett**
Ph: **905-826-0862** • Toll free: **1877-234-6397**
Email: **angelabennett@internationalnews.ca**
Website: **www.internationalnews.ca**

CANADA POST POSTES CANADA
From anywhere... to anyone

INTERNATIONAL News

Crossword



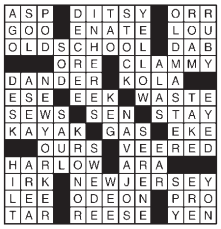
Across

1 Options list
5 Calf's mama
8 Cutting tools
12 On
13 Lawyers' org.
14 Witticism
15 "Th-th-th-that's all, folks!" speaker
17 Radius' neighbor
18 Dine on
19 Report card data
21 Scatter about
24 Talon
25 Bound
26 Have lofty goals
30 Author Fleming
31 Meat cut
32 Yoko of music
33 Oilfield structure
35 Mil. alliance since 1949
36 Crazy one
37 Vice President Burr
38 "The Georgia Peach"
41 Doctrine
42 Inter
43 Baseball commissioner
48 Coaster
49 Prior to
50 Vega's constellation
51 Church furniture
52 "CSI" evidence
53 Favorable votes

Down

1 Chart
2 DDE's command
3 Neither mate
4 Maintenance
5 Army rank (Abbr.)
6 Japanese sash
7 Swaying from side to side
8 Complain
9 "— Lang Syne"
10 Sommelier's suggestion
11 Hot tubs
16 Deviate off course
20 File crosser
21 Lost traction
22 Rip
23 Hindu royal
24 Mountain range
26 Pulsated
27 Papa pig
28 Really enjoying
29 Hoodlum
31 Unkempt one
34 Famed London insurers
35 To wit
37 Fool
38 Recipe meas.
39 Christmas
40 Rowing team
41 Concept
44 Coffee shop vessel
45 Caustic solution
46 George's brother
47 State of matter

▶ Yesterday's answer



Sudoku

	3		6		7		9	
7								1
		2	8		9	5		
	4		5	7	3		8	
	6						5	
	5		1	6	2		4	
		5	3		1	6		
8								5
	2		9		6		7	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

4	1	3	2	7	8	6	9	5
5	2	8	9	6	4	1	3	7
6	7	9	5	3	1	8	4	2
1	8	7	6	5	9	3	2	4
9	4	2	8	1	3	5	7	6
3	6	5	4	2	7	9	8	1
2	9	4	1	8	6	7	5	3
8	3	6	7	4	5	2	1	9
7	5	1	3	9	2	4	6	8

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

Dear Big Daddy: Don't worry too much babe. You will be okay and all this is just a test of your amazing strength. This too shall pass. I love you forever.
SUNNY XOXOX

NJR, the last 3 years have been the best years of my life. I wouldn't be where I am today if it wasn't for you. I'd love to be yours forver. 143BB
ANOTHINY

Richard: I am so sorry that our relationship (friendship) ended. I don't know how or why it did. I know I ran scared, as always. I just wanted to tell you, I love you.
X BUILDING MANAGER

Hey, Daysi I love you so much!! Days I m alone without are days I miss you alot, when Days I m with you are the most amazing days of my life! **SEXY**

The Weather Network ©The Weather Network 2010

Today Thunderstorms 27°/ 22° 70%
Wednesday Showers 28° / 21° 40%
Thursday Mainly sunny 31°/ 21°

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 Get your head out of the clouds and get stuck into your work. Even if you are the kind of Aries who prefers to leave details to other people you will quite enjoy getting involved in the finer points today.

♉ Taurus April 23-May 21 Venus, your ruler, will sweep away the negative atmosphere both at home and at work and life will be fun again.

♊ Gemini May 22-June 21 If you made an error of judgment yesterday or over the weekend you must own up to it now. There is no doubt you will be forgiven but others' generosity won't extend beyond the next 24 hours. You have been warned.

♋ Cancer June 22-July 22 Make an effort to communicate with someone you desperately want to get back on good terms with. They will appreciate that effort.

♌ Leo July 23-Aug.23 There is nothing you cannot accomplish if you want it enough and if you put both your heart and your mind into making it happen. Do whatever it takes to realize your dream.

♍ Virgo Aug. 24- Sept. 22 Venus in your birth sign does wonders for your confidence, especially in one-to-one relationships, so now is the time to let that special person know how much you care for them. They care for you too — and they'll show it.

♎ Libra Sept. 23-Oct. 23 This is a good time to stand back from your life a little and take stock of where you have been and where you intend to go in the future.

♏ Scorpio Oct. 24-Nov. 22 You have never been the kind to accept second best and you are not about to start now. However, you are unlikely to get what you want through coercion, so why not try persuasion instead?

♐ Sagittarius Nov. 23-Dec. 21 Your popularity on the work front will reach new heights today and if ever there was a time to push for a promotion or raise that time is now. Let your boss know why you are worth your weight in gold.

♑ Capricorn Dec. 22-Jan. 20 Pluto in your sign is enlivened by Venus, planet of emotional and material values, over the next 24 hours, so positive news about your money situation or a relationship will cheer you up no end.

♒ Aquarius Jan. 21-Feb. 18 A situation that has been worrying you will be resolved to your complete satisfaction today and you will be glad that you did not impose a solution on it as some people suggested.

♓ Pisces Feb. 19-March 20 The Sun in Cancer means this is a fortunate time for you and whatever you do over the next few days will be a complete success. **SALLY BROMPTON**

Caption contest

GE YUEJIN/THE ASSOCIATED PRESS/XINHUA

You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

MIGUEL ANGEL MORENATTI/THE ASSOCIATED PRESS

DRAMA. SUSPENSE. COMEDY.
Visit metronews.ca to watch metrotube of the day
The video everyone's talking about.

STOCK ACCOUNTANT
SURVEY RESEARCH ANALYST
to start from general accounting function to include, but not limited to entry and bookkeeping, maintenance of books and ledger. Financial report and analyst.
Send resume to: ivanbart101@hotmail.com

JOHN D. QUOC CHINESE MEDICINE, Acupuncture & Massage Clinic
JOHN. D. Quoc DTCM., C.A.c., D.A.c., B.S.c., B.Ph., D.N., D.O.
• Over 30 years clinical experience & research • Disposable Needles •
Dr. of Acupuncture Specialist • Pharmacist • Osteopath • Naturopath • Massotherapist
Former Professor at Saigon Medicine/Pharmacy University, Vietnam
FREE CONSULTATION
RECOMMENDED FOR:
Kidney Stones, Sciatica, Frozen Shoulder, Facial Paralysis, Tennis Elbow, Fybromyalgia, Whiplash, Arthritis, Crohn's Disease, Insomnia, Allergic Rhinitis, Migraine, Asthma, Hypertension, Diabetes, Gastritis, Chronic Fatigue, Back Pain, Stroke, Heart Problems Impotence, Menopausal Syndrome, Depression...etc.
Vanier Medical Centre 292 Montreal Rd., Vanier
613 263 0063 • 613 276-7750

FLIGHT CENTRE Unbeatable
Mayan Riviera
7 Nights 4.5-Star All-inclusive
$404
Occidental Grand Xcaret + taxes & fees $304
Departs Sep 4/acv/ac.
1 866 720 4853 | flightcentre.ca
Conditions apply. Ex: Ottawa. Package prices are per person, based on double occupancy. Prices are subject to availability at advertising deadline and are for select departure dates. Prices are accurate at time of publication, errors and omissions excepted, but are subject to change. Taxes & fees include transportation related fees, GST and/or HST and fuel supplements and are approximate and subject to change. acvic=air canada. Head office address: 1 Dundas St W Suite 200, Toronto, ON. Call for retail locations. ONT. REG #4671384 TICO

AIR CANADA VACATIONS

CUBA
Cayo Coco / Cayo Guillermo via Toronto
NH Krystal Laguna Villas & Resort • 4★
All-Inclusive
Club Laguna rm.
Aug. 28 - Sept. 25 • 1 wk.
$279
+Taxes & other fees (including service charges): $238
Departure tax: 25 CUC cash, paid locally

Varadero via Toronto
Sirenis La Salina Varadero • 4★
All-Inclusive
Standard rm.
Aug. 28 - Sept. 26 • 1 wk.
$369
+Taxes & other fees (including service charges): $238
Departure tax: 25 CUC cash, paid locally

JAMAICA via Toronto
Sunset Jamaica Grande Resort & Spa • 4★
All-Inclusive
Standard rm.
Aug. 27 - Sept. 23 • 1 wk.
$499
+Taxes & other fees (including service charges): $293
Please add $50 for Sat. & Sun. departures

Gran Bahia Principe Jamaica • 4 1/2★
All-Inclusive
Junior suite
Aug. 27 - Sept. 23 • 1 wk.
PRIVILEGES
$599
+Taxes & other fees (including service charges): $293
Please add $50 for Sat. & Sun. departures

TURKS & CAICOS via Toronto
Royal West Indies Resort • 4★
Studio botanical view
Sept. 4 & 11 • 1 wk.
$789
+Taxes & other fees (including service charges): $265
Departure tax: 20 USD cash, paid locally

MEXICO
Cancun/Riviera Maya via Toronto
Occidental Grand Xcaret • 4 1/2★
All-Inclusive
Deluxe rm.
Sept. 5 • 1 wk.
$399
+Taxes & other fees (including service charges): $304

Grand Sirenis Riviera Maya Hotel & Spa • 5★
All-Inclusive
Junior suite
Sept. 5 • 1 wk.
$509
+Taxes & other fees (including service charges): $304

BAHAMAS
Great Exuma via Toronto
Augusta Bay • 3 1/2★
Continental breakfast
Oceanview queen rm.
Sept. 4 - 26 • 1 wk.
$659
+Taxes & other fees (including service charges): $210

Grande Isle Resort & Spa • 4★
Continental breakfast
One-bedroom villa ocean view
Sept. 4 - 26 • 1 wk.
$1049
+Taxes & other fees (including service charges): $210

DOMINICAN REPUBLIC
Samana via Toronto
Bahia Samana Roulette • 4★
All-Inclusive
Run of the house
Sept. 5 & 12 • 1 wk.
$469
+Taxes & other fees (including service charges): $320

Puerto Plata via Toronto
Iberostar Costa Dorada • 4 1/2★
All-Inclusive
Hotel rm.
Sept. 3 & 10 • 1 wk.
$639
+Taxes & other fees (including service charges): $320

SAINT LUCIA via Toronto
Coconut Bay Beach Resort & Spa • 4★
All-Inclusive
Deluxe garden view rm.
Sept. 4, 5, 11 & 12 • 1 wk.
$1099
+Taxes & other fees (including service charges): $236
Please add $50 for Sat. & Sun. departures

USA
NEW YORK
Candlewood Suites Times Square • 4★
Double king size bed
Aug. 1 - 31 • 3 nts.
$549
+Taxes & other fees (including service charges): $112

CRUISE
Carnival Cruise Lines[2]
Carnival Victory®
Southern Caribbean Cruise
Flights to San Juan via Toronto
Oceanview stateroom, cat. 6B
Feb. 27 & Mar. 6 • 1 wk.

SAVE $200 per couple
FREE seat selection, transfers & gratuities
$1279
+Taxes & other fees (including service charges): $287

Fly in style – Upgrade to Executive Class® service or Comfort Plus seating on select flights

PRIVILEGES
FREE advance seat selection and exclusive features

aeroplan
Earn up to 4,800 Aeroplan® Miles per member†

Find us on facebook
twitter

aircanadavacations.com
Call 1 866 529-2079 or your travel agent

All travellers, foreign and Cubans living abroad, must have a medical insurance policy when travelling to Cuba. Prices in this ad are in Canadian dollars and are valid for bookings made between July 13 & 16, 2010, inclusive. Prices are per person based on double occupancy, unless otherwise stated, from Ottawa - Macdonald-Cartier International Airport. Air & Hotel packages to the Caribbean, Cuba, Costa Rica and Mexico include return flight, the hotel as described and transfers at destination. Air & Cruise vacations include return flight and the cruise as described. Vacations to Europe and the USA include return flight and hotel as described. New bookings only. For dates shown only. Non-refundable. Limited quantity. Subject to availability at time of booking. Not applicable to group bookings. Sale prices reflect applicable reductions, are subject to change without notice and cannot be combined with any other offer or promotion. Further information available from a travel agent. Flights operated by Air Canada. For applicable terms and conditions, consult the Air Canada Vacations brochures or www.aircanadavacations.com. Ontario registration #50013537. †Unless otherwise indicated, Aeroplan Miles indicated are based on roundtrip Economy class per passenger from Ottawa to Saint Lucia via Toronto are awarded on flight-inclusive travel only, and are per Aeroplan member. For the amount of Aeroplan Miles that can be earned when flying to other destinations, visit www.aircanadavacations.com. For terms and conditions of the Aeroplan program, consult www.aeroplan.com. ■ [1]The Lowest Price Guarantee applies to select resorts, room categories and travel dates. Quoted Air & Hotel package prices are guaranteed to be Air Canada Vacations' lowest available prices. The Lowest Price Guarantee is applicable to Air Canada Vacations packages only. [2]Carnival Cruise Lines ships' registry: The Bahamas and Panama. ■ ®Aeroplan is a registered trademark of Aeroplan Canada Inc. ®Air Canada Vacations is a registered trademark of Air Canada, used under license by Touram Limited Partnership, 2700 Matheson Blvd. East, Mississauga ON. Visit www.aircanadavacations.com for up-to-date information.

GET CAREER READY IN LESS THAN ONE YEAR!

Paralegal

Paralegal has become a regulated profession in Ontario as of May 1, 2007. To legally practice as an independent paralegal in Ontario, a person must be licensed by the Law Society of Upper Canada.

To obtain a license, a person must graduate from a program accredited by the Law Society, pass a licensing examination and be of good character. The Paralegal program of Algonquin Careers Academy is **accredited by The Law Society of Upper Canada.**

The objective of this program is to provide you with "hands-on" training in the key areas of paralegal work and to prepare you to successfully challenge the licensing exam. As a successful graduate you will have the knowledge and skills to enter into any Tribunal, Small Claims Court or Traffic Court, and be able to deal with every eventuality that may arise.

This 44 week diploma program includes an 4 week co-op placement.

Legal subject matter covered includes:

- Canadian Legal System
- Legal Research
- Evidence and the Litigation Process
- Torts and Contracts
- Employment Law
- Criminal Summary Conviction Procedure
- Provincial Offences/ Motor Vehicle Law
- Dispute Resolution and Mediation
- Advocacy and Moot Court
- Tribunal Practice and Procedure
- Immigration Law
- Residential Landlord and Tenant Law
- Ethics and Professional Responsibility

Pharmacy Technician

The *Health Systems Improvement Act*, 2007 enables the regulation of Pharmacy Technicians in Ontario. In order to practice as a Pharmacy Technician, a person must be registered with the Ontario College of Pharmacists.

Registration requirements will require a person to graduate from a program that has been accredited by the Canadian Council for Accreditation of Pharmacy Programs (CCAPP).

The Pharmacy Technician program of Algonquin Careers Academy is **accredited by CCAPP**,

The Pharmacy Technician diploma program is designed to prepare you for a challenging career in a Community/Retail Pharmacy, Hospital Pharmacy, Manufacturing Facility or Long-Term Care Facility. This 40 week diploma program includes an 8 week co-op placement.

Pharmacy subject matter covered includes:

- Pharmacy Fundamentals
- Pharmacy Math
- Anatomy and Physiology
- Pharmacology
- Compounding
- Sterile Techniques
- Pharmacy Software
- Systems and Procedures-Community Pharmacy
- Systems and Procedures-Hospital Pharmacy

Fitness & Health Promotion

This program is designed to prepare you to plan, market, and deliver safe and effective fitness, wellness and healthy lifestyle programs. Students develop current, practical knowledge and skills in such areas as the development, implementation and evaluation of fitness and wellness programs, health promotion, lifestyle management, fitness assessments, leadership, safety and injury management.

This is a 43 week program including a 4 week co-op placement.

Medical Office Assistant

Do you like working with people? The Medical Office Assistant program is designed to provide you with the medical, clerical, and communication skills necessary to start a career as a member of the health care team in a medical office.

This course is a 30 week diploma program and includes a 6 week co-op placement.

Personal Support Worker

"Knowing that you are making a difference" to people who need you is what makes this career choice very rewarding. Graduates of the Personal Support Worker Diploma Program are prepared to pursue a career in the traditional nursing assistant role in health care environments such as nursing homes, retirement residences, hospitals, hospices, and with health care service organizations.

This 24 week program includes 11 weeks of clinical placement.

CALL TODAY

Classes Starting Monthly!

613-722-7811

Accounting and Payroll Administrator

The objective of this program is to train students in the practices of financial accounting and payroll in Canada. This program focuses on three key elements: obtain an understanding of the theoretical principles of accounting and payroll, practice the practical "hands on" skill required to do the job and master the communication skills needed to work within an office environment. You will have the necessary skills to enter into the workforce and maintain a complete set of books, both manually and with computerized systems.

This is a 33 week program.

Travel Counsellor

The Travel and Tourism industry is one of the biggest employers in the world. Through this program, you will obtain an understanding of agency operations, computer reservation systems, ticketing, destinations, geography, customer service and sales techniques. For reservations and ticketing you will be signing on live to SABRE, the premier electronic airline reservation system in the world!

This 28 week program includes a 2 week co-op placement.

ALGONQUIN CAREERS ACADEMY™

1644 Bank St. 613-722-7811 www.algonquinacademy.com